

Holiday Coping Checklist

Make a plan

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- List out holiday events you may attend.
 - Identify any high-risk situations.
 - Talk with your sponsor, counselor, or a trusted friend about how to handle them.
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Know Your Triggers

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- Write down people, places, or feelings that could be triggering.
 - Create an “exit plan” for uncomfortable moments.
 - Practice saying “no” to offers that jeopardize your recovery.
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Keep a Support List Handy

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- Add the phone numbers of your sponsor, support group, or a sober friend.
 - Save local or national helplines like SAMHSA’s Helpline: [1-800-662-HELP](tel:1-800-662-HELP) (4357).
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Bring Your Own Sober Fun

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- Bring a favorite non-alcoholic drink to parties.
 - Suggest activities that don’t revolve around alcohol.
 - Have a “safe word” or signal with a trusted person if you need help.
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Stay Connected

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- Attend extra meetings or support groups if you can.
 - Reach out to loved ones, even if you can’t see them in person.
 - Volunteer with community groups like [Stoneham Coalition](#) to help others.
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Practice Self-Care

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- Rest when you need to — you don’t have to attend every event.
- Eat nourishing foods, get outside, and move your body.
- Celebrate your progress — you’re doing amazing.



Save this checklist on your phone, print it, or share it with someone you love.